

**IN THE BOARD OF SUPERVISORS
COUNTY OF SAN LUIS OBISPO, STATE OF CALIFORNIA**

_____day_____, 2012

PRESENT: Supervisors

ABSENT:

**RESOLUTION NO.
RESOLUTION PROCLAIMING APRIL 4, 2012 AS
“NATIONAL WALKING DAY” IN SAN LUIS OBISPO COUNTY**

The following resolution is hereby offered and read:

WHEREAS, cardiovascular diseases, including coronary heart disease and stroke, are the nation’s leading cause of death and a leading cause of disability, with 1.26 million Americans suffering a new or recurrent coronary attack each year and 795,000 suffering a new or recurrent stroke; and

WHEREAS, the total direct and indirect costs of cardiovascular disease, including lost productivity, were estimated to be \$503.2 billion in 2010; and

WHEREAS, regular physical activity can reduce cardiovascular disease risk and increase life expectancy; and

WHEREAS, the 2008 Physical Activity Guidelines for Americans and the American Heart Association recognize the many health benefits of physical activity, including lower risk of heart disease and stroke, and recommend that children and adolescents do at least 60 minutes of moderate or vigorous intensity physical activity each day and adults do at least 150 minutes of moderate intensity physical activity or 75 minutes of vigorous intensity physical activity (or combination of both) each week; and

WHEREAS, regular walking has many proven benefits for an individual’s overall health. Brisk walking for at least 30 minutes a day can help lower blood pressure, increase HDL “good” cholesterol in the blood, control weight and control blood sugar through improved use of insulin in the body. All of these changes help reduce the risk of cardiovascular disease and stroke; and

WHEREAS, if ten percent of Americans began a regular walking program, \$5.6 billion in heart disease costs could be saved; and

WHEREAS, studies indicate that one of the best investments a company can make is in the health of its employees. By promoting a culture of physical activity, corporate America can decrease healthcare costs, increase productivity, and improve the quality of life and longevity of the US workforce; and

WHEREAS, on National Walking Day, April 4th, the American Heart Association’s My Heart, My Life movement calls on everyone to wear sneakers and walk; and

WHEREAS, the purpose behind National Walking Day is to get Americans to become more physically active by walking.

NOW THEREFORE, BE IT RESOLVED, that the Board of Supervisors, County of San Luis Obispo, State of California, does hereby proclaim April 4th, 2012 as “National Walking Day” in San Luis Obispo County.

Upon motion of Supervisor _____, seconded
by Supervisor _____, and on the following roll call vote, to wit:

AYES:

NOES:

ABSENT:

The foregoing resolution is hereby adopted.

Chairperson, Board of Supervisor

ATTEST:

Clerk of the Board of Supervisors

By: _____
Deputy Clerk